

Figure 1. A schematic diagram of the experimental design. The subjects were divided into two groups: the control group and the experimental group. The control group received a standard training program, while the experimental group received a modified training program. The results of the training program were compared between the two groups.

[illegible]

Mundurao
 Coosa-embudo
 Canabero
 Cocuethia
 Molong
 Wellington
 Walcott
 Coomawite
 Chibora
 Obloy
 Warren
 Brewster
 Cosh
 Forbes
 Dendaloo
 Gorgonzola
 Collie
 ...

Geithusa	Mile
Talbotville	Parsons
Tengunda	McQuinn's Land
Minnow	Cadell
Goodrich	Sydney.

GEORGE W. TAYLOR, Returning Officer.
 Dubbo, 16th October, 1877.

ELECTORAL DISTRICT OF ARMOCK.

E. JAMES LITHGOW COBBE, Returning Officer.
 The electoral district of Armoock, do hereby give notice that having received a writ from the Governor and signed by his Excellency for Hercules Robinson, C.M.G., Esq., the Governor-in-Chief of New South Wales and his appointees (who) has been pleased to dissolve the Legislative Assembly, a PUBLIC MEETING of the Electors of the district of ARMOCK, will be held at the residence of the RETURNING OFFICER, on

ON FRIDAY the 20th October instant, at seven, in the
NOMINATION of a Member to serve in the Legislative
Assembly of New South Wales for the electorate, and
the event of more than one candidate being proposed, and
poll demanded, the Polling Day will be on THURSDAY, the
30th October instant, commencing at 6 o'clock a.m., and
ending at 4 o'clock p.m., at the following places:

Caregar
Covea
Cawandra
Blayney
Tueria
Long Swamp
Trunkley Creek
Lyndhurst
No 1 Swamp
Reid's Flat

Mt. Stuart Creek Copper Mines
Brown's Creek.
J. L. HOWE COBB, Returning Officer.
Fernside, Lyndhurst, 16th October, 1877.

EAST SYDNEY ELECTION

Mr. MARON begs to return thanks to those persons who recorded their vote in his favour, although he has totally retired from the contest.

EAST SYDNEY ELECTION

PARKES'S COMMITTEE.
An ACCOUNTS against the above is to be forwarded
once to Secretaries, Fanny Hotel.

EAST SYDNEY ELECTION

PARKS' COMMITTEE meet at *Frank's* *Bar*
**SATURDAY EVENING, at 7 o'clock, 10 pm
A. POWELL *President*
T. S. HUTCHINSON, *Secretary***

FURTHER outstanding **ACCOUNTS** against *Mr. G. S. Cooper's* *Committee*, must be paid *at* *least* *before* *next* *SATURDAY*, the *10th* *inst.* *at* *least* *11* *and* *12* *o'clock*, at *Camp's* *Hotel*, *for* *payment*, *between* *11* *and* *12* *o'clock*, at *Camp's* *Hotel*.
DAVID C. JOHNS *Secretary*

WEST SYDNEY **LECTION**

ACCOUNTS against *Mr. G. S. Cooper's* *Committee*, must be paid *at* *least* *before* *next* *SATURDAY*, the *10th* *inst.* *at* *least* *11* *and* *12* *o'clock*, at *Camp's* *Hotel*, *for* *payment*, *between* *11* *and* *12* *o'clock*, at *Camp's* *Hotel*, *for* *payment*, *between* *11* *and* *12* *o'clock*, at *Camp's* *Hotel*.
JOHN CRAIG *President*
ROBERT G. SATER, *Secretary*

ELECTORATE OF WEST SYDNEY

I beg to tender, to the 1381 Independent Electors of West Sydney, my warmest thanks for the great honour they have done me in recording their votes in my favour at Election to-day.

To the Gentlemen who have acted as my friends, Supporters and Committee, I am deeply indebted, as well for their generous acknowledgments for their past and valuable services.

I have the honour to be, Gentlemen,
Your faithful servant,
GEORGE S. SMITH.

Sydney, 25th October, 1877.

THE ELECTORS OF WEST SYDNEY

GENTLEMEN,—I desire to take advantage of every opportunity to express my sincere thanks to you for the great honour you have done me in recording your votes in my favour at the recent election.

of treating my warmest thanks for the great honor which you have conferred upon me by your vote at the election today.

Whilst deeply conscious of the responsibility which I have accepted, I am yet grateful in the highest degree for the confidence which you have been pleased to accord to me, and it will be my greatest ambition to demonstrate to all the people of this Commonwealth that I am worthy not only of your election, but also of the many praises which you have bestowed upon me.

Faithfully yours,
JAMES MERRILL

EDUCATIONAL.

MR. KINLOCH will not be able to attend the **THEATRE** on **THURSDAY** next.

SINGING AND PRODUCTION OF THE VOICES.

Sugar **ARTURO STEFFANI** has a wife and has been removed from 116, Centennial street, Fresno-Termite. Will return. All connections with the above are to be resider, or in **NICHOLSON** and **ASCHERBERG**, Germantown.

YOUNG LADIES' SCHOOL conducted by Miss Rose, 151, Elmboth street.

DANCING.—Applications for Mr. A. E. Evening Class. Manly and as friends club.

DANCING.—AFTERNOON CLASS, Manly and Edd's a Ladies' Counge.

DANCING.—Mr. A. READ'S Class, Manly School, Globe B at, W.ooteney Eveing.

DANCING.—Mr. A. READ'S Class, Manly School, Globe B at, W.ooteney Eveing.

DANCING, FRIDAY EVENING, Manly School, Globe B at, W.ooteney Eveing.

GOVERNMENT introduced to families by
experience; an accomplished driving instructor;
disengaged; finishing, efficient. Preparatory course
wait engagement. Z., Borden's.

WANTED GOVERNERS, to teach music, French,
English. Mrs. Kousner-er, 238 Columbia.

STOCK AND STATIONS.

**AUSTRALIAN MORTGAGE LAND
FINANCE COMPANY (Limited).**
London, Melbourne, Sydney, and Sydney.
Capital, £2,000,000.

AUSTRALIAN BOARD:
James Macpherson Esq., M.L.A.

CASH ADVANCES made on the ENSUING OF
OF WOOL and on Squatting Properties, Sale
Bills, &c. W. A. COOPER, Local Manager
Spring-street.

WILKINSON, HARR, MINCHIN, and
Sole and Station Agents.
Wagga Wagga, Hay, and Sydney.
Agents for
Messrs. Richard Gibbons and Co., Melbourne
Rees and Haemstedt, ditto
W. & J. Raleigh, ditto.
J. G. Douchery and Co., ditto
Corresponding Agents all over the colonies.
Sydney Office: *Vickers's chambers.*

T H E L A N
British and Foreign Glazings on Agriculture
Pastoral News of New South Wales, the Colonies
Agricultural Societies, Meteorological and Veterinary
HORTICULTURE, THE 9, LON.
THE SYDNEY MAIL,
Hunter-street, Sydney
To be had of all News Agents.
Subscription: 5s per quarter.
WANTED, 300 large (fine) seeds, 1885, 1886, 1887, 1888, 1889, 1890, 1891, 1892, 1893, 1894, 1895, 1896, 1897, 1898, 1899, 1900, 1901, 1902, 1903, 1904, 1905, 1906, 1907, 1908, 1909, 1910, 1911, 1912, 1913, 1914, 1915, 1916, 1917, 1918, 1919, 1920, 1921, 1922, 1923, 1924, 1925, 1926, 1927, 1928, 1929, 1930, 1931, 1932, 1933, 1934, 1935, 1936, 1937, 1938, 1939, 1940, 1941, 1942, 1943, 1944, 1945, 1946, 1947, 1948, 1949, 1950, 1951, 1952, 1953, 1954, 1955, 1956, 1957, 1958, 1959, 1960, 1961, 1962, 1963, 1964, 1965, 1966, 1967, 1968, 1969, 1970, 1971, 1972, 1973, 1974, 1975, 1976, 1977, 1978, 1979, 1980, 1981, 1982, 1983, 1984, 1985, 1986, 1987, 1988, 1989, 1990, 1991, 1992, 1993, 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547

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